



Iowa Child and Adult Care At-risk Program Sample Cycle Menu for Snack

This chart provides one month of reimbursable snack menus. Each snack must include the minimum quantities of the two food components as listed.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Monday	Donut 2.2 oz Milk 1 cup	Celery sticks ½ cup Peanut Butter 2T. & Raisins ¼ cup Water	Peaches ¾ cup Cottage cheese ¼ cup Water	Sliced turkey 1oz Wheat crackers .7oz Water	Bran muffin 1.8 oz Milk 1cup	Pineapple juice ¾ cup Mini bagel 1oz
Tuesday	Apple- cinnamon grahams .9 oz Grapes ¾ cup Water	Frosted toaster pastry 2.2 oz Milk 1cup	Apple Juice ½ cup Cauliflower ¼ cup & dip Cheese cubes 1 oz	1 Kiwi ¼ cup Apple juice ½ cup Triscuits .7oz	Carrot, celery & green or red pepper sticks ¾ cup Wheat crackers .7oz Water	Mini Wheats cereal ¾ cup Milk 1 cup
Wednesday	Fruit cocktail ¾ cup Animal crackers .9 oz Water	Yogurt 4 oz Granola cereal ¾ cup Water	Unfrosted brownie 4 oz Milk 1 cup	Grape Juice ½ cup Carrot sticks ¼ cup Graham crackers .9 oz	Pineapple tidbits ¾ cup Cottage cheese ¼ cup Water	Orange juice ¾ cup Blueberry muffin 1.8 oz
Thursday	Apple slices ¾ cup String cheese 1 oz Water	Berry juice ¾ cup Hard pretzels .7 oz	Tortilla .9 oz w/ PB Milk 1 cup	Nutrigrain bar 2.2 oz Milk 1 cup	Berry Juicy Juice ¾ cup Oyster crackers .7 oz	Broccoli & Cauliflower ¾ cup w/ dip Wheat Thins .7 oz Water
Friday	Watermelon ¾ cup Yogurt ½ cup Water	Sliced ham 1 oz Whole Wheat Pita .5 oz. Water	Cheerios ¾ cup Milk 1 cup	Orange segments ¾ cup Goldfish crackers 1 oz Water	Peanut butter sandwich 1 slice bread 2 T. PB Water	Frosted cinnamon roll 2.2 oz Milk 1 cup

Water is never a reimbursable meal component, but can be served as an extra beverage, especially at snack if the snack does not include another fluid to drink. Participants should be encouraged to drink water throughout the day.

